

FRIDAY NIGHT FIT HAPPY HOUR

Bring a friend. Take on the course. Celebrate with a beer.

FRIDAY APRIL 28TH

5:30pm—7:30pm

Force Sports Rocky River

Join us on a Friday Night to meet up with the group, challenge yourself through the FIT Course, and end the week with a drink among friends.

Our FIT Group is special and in the hectic schedule of life we don't also have a chance to catch up as everyone jumps in and out of class, off to work, etc.

Friday Night FIT Happy Hour is a great night to train with new people, partner up to take on the course and then spend time "cooling down" from the week!



Happy Hour Details:

- Warm up and short training session
- FIT Course—See what you can do!
- Timed Challenges (Tire, Shuttles, etc)
- Includes 1 beverage ticket
- Visit TrainatForce.com for latest info
- Fee \$20 /person

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ORGANIC ELECTROLYTE DRINK



SECONDSOLE
ROCKY RIVER, OH

Register Today!

www.TrainatForce.com

For more info contact Heather Clapacs: heather@force-sports.com